



Important Safety Guidelines for Hampset Coaches

Introduction

The safety of our participants, coaches and spectators is of paramount importance therefore the Club has published the following guidance notes to the Coaches. The respective Team Managers and Parents/Carers endorse these principles and will support the coaches in administering and enforcing these guidelines.

Pre session:

1. For age groups u9 and u11s **ban the use of bats** before sessions begins - allow kids to throw balls around but at this age they have little special awareness and the likelihood of someone being hit by a bat is quite high.
2. **Ban use of hard balls** before sessions start unless players are wearing appropriate equipment too

During any coaching session / match (general):

1. Make sure you have **mobile phone** / access to a phone in an emergency
2. Make sure you have access to **parental telephone numbers** in an emergency
3. Make sure you have access to a **first aid kit & accident forms** (these are in a file at the club on the right as you enter near the phone)

During group coaching session:

1. Make sure players are a **safe distance** from any player who is batting - fielders should never be 'flinching' when ball is hit; more able players with better reflexes may be able to field a bit closer to batsman; less able players need to be given more time to react.
2. Don't allow kids to have a **bat in their hand** unless they are actually using it or you trust them not to wave it around
3. Be aware of all **other training groups** and create as much space for your own group as the facilities allow
4. Think about safety in the **structure of any group coaching drill** - good use of space normally minimises risk and a well-communicated briefing where safety is explicitly mentioned also helps
5. Only use hard balls in group coaching when the **ability of the group** allows for it and be certain that your fielding distances are appropriate

During net sessions:

1. **Check nets for holes** and anything on the surfaces that shouldn't be there
2. **Position yourself with the bowlers** - don't assume an 'umpiring' position. You cannot see bowlers mess around with balls etc and you cannot interact with all the players as effectively.
3. **If there is a match on** while you are netting, keep an eye on it for balls coming into your area - brief the kids about this at beginning
4. Ask every player who is padded up to bat **whether they are wearing a box** - must be done with every child *before* they go into bat; no need to see the box but you must ask them and hear the answer. When you occasionally

- hear the response of 'no, whoops I forgot' you can be pleased with yourself for following good practice and potentially saving them from serious injury
5. Check bags, balls and cones are not **in the way of run-ups / hitting areas; one stray ball can lead to one messed up ankle** (N.B Glenn Mcgrath)
 6. Make sure batsmen are **not padding up where they could be hit** by a ball - they will not be watching the net while padding up make sure they are out of the way
 7. **Net safety points** to be mentioned before the net begins - keep them quick but use the kids to identify them as much as possible:
 - (i) **Helmets and boxes** are compulsory for batting (as well as gloves and pads)
 - (ii) **Watch net at all times** even when walking back after bowling
 - (iii) If you **mess around** with balls at back of net, you will be told to sit out
 - (iv) Take off **jewellery**
 - (v) **Don't put body into net** when retrieving ball
 - (vi) Batsmen **roll ball back** to bowlers
 - (vii) Bowlers **only bowl when** batsman is in stance and looking at you and when previous bowler is back past the stumps / out of the net

If any of the above is not followed i.e. you spot someone messing around at the back of the net taking their eyes off what is happening, make it known to the whole group that their behaviour is unsafe